



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09010, Apples, dehydrated (low moisture), sulfured, stewed

Report Date: July 01, 2017 11:30 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 193g
Proximates					
Water	g	79.36	2	--	153.16
Energy	kcal	74	--	--	143
Energy	kJ	310	--	--	598
Protein	g	0.28	--	--	0.54
Total lipid (fat)	g	0.12	--	--	0.23
Ash	g	0.33	--	--	0.64
Carbohydrate, by difference	g	19.91	--	--	38.43
Fiber, total dietary	g	2.6	--	--	5.0
Minerals					
Calcium, Ca	mg	4	--	--	8
Iron, Fe	mg	0.43	--	--	0.83
Magnesium, Mg	mg	5	--	--	10
Phosphorus, P	mg	12	--	--	23
Potassium, K	mg	136	--	--	262
Sodium, Na	mg	26	--	--	50
Zinc, Zn	mg	0.06	--	--	0.12
Copper, Cu	mg	0.058	--	--	0.112
Manganese, Mn	mg	0.027	--	--	0.052
Selenium, Se	µg	0.4	--	--	0.8
Vitamins					
Vitamin C, total ascorbic acid	mg	0.6	2	--	1.2
Thiamin	mg	0.008	2	--	0.015

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 193g
Riboflavin	mg	0.029	2	--	0.056
Niacin	mg	0.140	2	--	0.270
Pantothenic acid	mg	0.080	2	--	0.154
Vitamin B-6	mg	0.054	2	--	0.104
Folate, total	µg	0	3	0.046	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	3	0.046	0
Folate, DFE	µg	0	--	--	0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	2	--	2
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	19	2	--	37
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.020	--	--	0.039
14:0	g	0.001	--	--	0.002
16:0	g	0.017	--	--	0.033
18:0	g	0.003	--	--	0.006
Fatty acids, total monounsaturated	g	0.005	--	--	0.010
18:1 undifferentiated	g	0.005	--	--	0.010
Fatty acids, total polyunsaturated	g	0.036	--	--	0.069
18:2 undifferentiated	g	0.030	--	--	0.058
18:3 undifferentiated	g	0.006	--	--	0.012
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.003	--	--	0.006
Threonine	g	0.010	--	--	0.019
Isoleucine	g	0.011	--	--	0.021
Leucine	g	0.017	--	--	0.033
Lysine	g	0.018	--	--	0.035
Methionine	g	0.003	--	--	0.006
Cystine	g	0.004	--	--	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 193g
Phenylalanine	g	0.008	--	--	0.015
Tyrosine	g	0.005	--	--	0.010
Valine	g	0.013	--	--	0.025
Arginine	g	0.009	--	--	0.017
Histidine	g	0.004	--	--	0.008
Alanine	g	0.010	--	--	0.019
Aspartic acid	g	0.049	--	--	0.095
Glutamic acid	g	0.029	--	--	0.056
Glycine	g	0.011	--	--	0.021
Proline	g	0.010	--	--	0.019
Serine	g	0.011	--	--	0.021
Other					